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RED & PROCESSED MEAT AND CANCER

EXAMPLES OF RED MEAT INCLUDE



BEEF



PORK



LAMB

EXAMPLES OF PROCESSED MEAT INCLUDE



HAM



BACON



HOT DOGS



LIMIT RED MEAT INTAKE
TO 12-18 OUNCES
(COOKED) PER WEEK



AVOID CONSUMING ANY
PROCESSED MEAT

THERE IS STRONG EVIDENCE THAT

eating too much red meat –
and even small amounts of
processed meat – can lead
to colorectal cancer



COLORECTAL
CANCER



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Red Meat Cancer Report Risk People

Jin-Ying Zhang



Red Meat Cancer Report Risk People:

Embark on a breathtaking journey through nature and adventure with Explore with is mesmerizing ebook, Natureis Adventure: **Red Meat Cancer Report Risk People** . This immersive experience, available for download in a PDF format (*), transports you to the heart of natural marvels and thrilling escapades. Download now and let the adventure begin!

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